



Curried Snack Mix

 Dairy Free

READY IN



85 min.

SERVINGS



24

CALORIES



178 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups cornflakes
- ☐ 3 cups corn flakes/bran flakes
- ☐ 3 cups pretzel twists
- ☐ 2 cups cashew pieces salted
- ☐ 1 cup golden raisins
- ☐ 1 cup cranberries dried sweetened
- ☐ 0.5 cup butter melted
- ☐ 2 tablespoons curry powder

☐ 1 tablespoon garlic salt

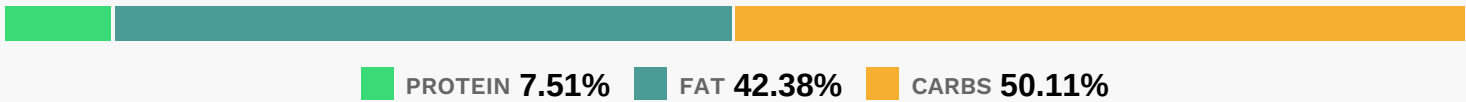
Equipment

- ☐ bowl
- ☐ baking paper
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Heat oven to 250°F. In 15x10x1-inch pan or large roaster, mix cereals, pretzels, cashews, raisins and cranberries.
- ☐ In small bowl, mix remaining ingredients.
- ☐ Pour over cereal mix; stir to coat well.
- ☐ Bake 1 hour, stirring every 15 minutes, until crispy and well coated with seasoning.
- ☐ Spread on waxed paper or cooking parchment paper to cool. Cool completely, about 10 minutes.

Nutrition Facts



Properties

Glycemic Index:10.09, Glycemic Load:8.96, Inflammation Score:-5, Nutrition Score:8.5813043324844%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg, Quercetin: 0.37mg

Nutrients (% of daily need)

Calories: 178.17kcal (8.91%), Fat: 8.95g (13.77%), Saturated Fat: 1.7g (10.6%), Carbohydrates: 23.8g (7.93%), Net Carbohydrates: 21.56g (7.84%), Sugar: 9.27g (10.3%), Cholesterol: 0mg (0%), Sodium: 456.2mg (19.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.57g (7.13%), Manganese: 0.47mg (23.3%), Iron: 3.65mg (20.28%), Copper: 0.31mg (15.28%), Folate: 59.15µg (14.79%), Magnesium: 49.48mg (12.37%), Vitamin B1: 0.18mg (12.19%),

Vitamin B6: 0.22mg (11.2%), Phosphorus: 106.75mg (10.68%), Vitamin B3: 1.97mg (9.85%), Vitamin B2: 0.16mg (9.6%), Fiber: 2.24g (8.96%), Selenium: 5.45µg (7.78%), Vitamin A: 361.6IU (7.23%), Vitamin B12: 0.43µg (7.16%), Zinc: 1.01mg (6.71%), Potassium: 172.63mg (4.93%), Vitamin K: 4.98µg (4.74%), Vitamin E: 0.53mg (3.56%), Vitamin D: 0.29µg (1.94%), Vitamin B5: 0.19mg (1.86%), Calcium: 15.43mg (1.54%), Vitamin C: 1.17mg (1.42%)